

RSVP

A bridge between those who need and those who give

Sponsored by the City of Woodburn



SCORE Counselors to America's Small Business

"SCORE makes a difference and is a tremendous organization that gives entrepreneurs encouragement, resources and support. It is so rewarding to know that I have made a difference in someone's life and had an impact on their future success in business." Those words are from a SCORE volunteer. So, you ask what, is SCORE? It is "Counselors to America's Small Business". It is a nonprofit volunteer organization with more than 10,500 business mentors, both working and retired, throughout the country. SCORE volunteers counsel hundreds of thousands of businesses from nearly 400 counseling offices nationwide. SCORE volunteers share their real-world expertise through confidential one-to-one mentoring and team counseling, as well as low-cost workshops and seminars. Volunteers are part of a team that represents every facet of the business community. Some SCORE volunteers have worked as executives of Fortune 500 companies. Others have been entrepreneurs themselves. Still other SCORE experts have valuable university, military and government experience. As a result, SCORE counselors are qualified to serve as business advisors, mentors and coaches for virtually every type of small business entrepreneur. Volunteering with SCORE benefits you: grow professionally and personally, gain recognition and respect as a business mentor, and make new friends. Join SCORE today, apply to volunteer. SCORE chapter 460, in Salem is in need of volunteers. They are looking for experienced business experts, professionals, owners, and managers who want to help small businesses succeed and grow. Call 503-370-2896 to learn more on how to be a SCORE volunteer.



Inside this issue:

Active Adults	1
Sue Speaks	2
Please Help	2
What's Happening	4

News from North Marion Adult Center

Our computers are internet friendly. Come get an e-mail account for free to keep in touch with relatives and friends. (SALT) **Seniors & Law Together** will be holding their monthly meetings in the Center on the 2nd Wednesday of each month at 11am. The Center has a trained SHIBA (**Senior Health Insurance Benefits** assistant) representative on our task force, Barbara Campbell. She can be reached at 503-981-3109 if you have questions about your health insurance. Seniors will be bowling at **Woodburn Lanes** on 99E on the 2nd & 4th Saturday. **SNAP** a senior nutrition program meets every Thursday 10am-1pm. **KEEP FIT** with senior exercise class every Mon, Wed & Fri from 8am-9am \$1 per session. **All You Can Eat Breakfast** Sat March 20th 8-11am. Keep saving your pennies. Your pennies make the NMAC go, please remember us when you want to give to a good cause.

RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.



Sue Speaks Her Mind



Have you driven down Front Street lately? If you haven't its time to take a drive and see the finished work. The street is beautiful. The electric poles and wiring are gone. The wires were put underground. The street is reconfigured, with the flow more smooth. There are planters and benches on the sidewalks and inlaid bricks in the sidewalks. The entire Front Street project, which runs from Parr Road to the High School, was a five year process. Woodburn Mayor Figley called the completion of the project, along with the downtown plaza, the "end of the beginning" of the city's urban renewal program. Former City Administrator, John Brown, had a vision for Downtown Woodburn. He saw a viable area in need of improvement. Some years ago the Urban Renewal project was formed under John's guidance. This downtown project is the first within the boundaries of the Urban Renewal District. Be on the look out there is more to come in the future. In the mean time, take a trip downtown.



Please HelpHome Crafters Need Yarn

Volunteers needed: SMART Three schools in Woodburn are in need of volunteers to help 2nd graders with reading. **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

*The hardest
habit of all
to break is
the terrible
habit of
happiness.*

Theodosia
Garrison

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

Your Name: _____

Telephone: _____ Location: _____

Total Hours: _____ Month: _____ 2010

Project : _____ Supervisor's initials _____



Community Information and Education Page

BINGO, BINGO! Tuesday Bingo at the Woodburn Grange Hall. Sponsored by WAASP. Doors open at 12 noon, games start at 12:30pm.



NORTH MARION ADULT CENTER offers a **FOOT CLINIC** first **Wednesday** of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the **2nd & 4th Friday of the month**. 9am to 12 noon. \$20. Call 503-981-0033.



AARP Driver Safety Program is now located at North Marion Adult Center, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn. Classes will be held **March 8 & 9th 5:30pm-9:30pm** both days. Must call 503-981-3613 to register. **LIBRARY BOOK CLUB** Meets the second Thursday of every month at noon. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. **March 11: *That Old Ace in the Hole*** by Annie Proulx. Its an easy way to read some great books, exercise your mind, meet fellow readers & have fun!



News From *Salemtowne*

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303

The new center is open and filled with many exciting workshops and classes. Next time you are in Salem, stop by and check it out!

TRIPS AHoy!! Contact the Center travel office for a complete travel guide or call 503-588-6303. Registrations are taken Mon and Thur 11am-3pm. All trips are available to anyone 21 years or older.

Center 50+ offers a wide variety of language & cultural, arts & crafts, workshops, fitness, music, personal enrichment. All classes are taught by professional, caring enthusiastic instructors. There is sure to be something to meet your goals. Call the Center at 503-588-6303 to get information on all activities at **Center 50+**, or come to the beautiful new center to register.

Volunteer Opportunities Turn that free time into helping someone else! Center 50+ thrives on volunteer power!

Monday Dance Every Monday 1pm to 3pm. No dance if there is a Holiday.

AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

Open Swim: Monday-Friday 1-3:30pm Saturday & Sunday 1-5pm

Lap Swim & Adult Swim: Monday-Friday 5:30am-4pm & 6-8:30pm Saturday & Sunday 1-5pm (2 lanes open)



ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:30AM

HIP FLEXIBILITY Fridays 9-9:40AM

DEEP CARDIO Tues & Thurs 6-6:45am

AQUAROBIcs M/W/F 8-9am and M/T/W/Th 6-7pm

DEEP WATER FITNESS M/W/F 8-9AM **WATER WELLNESS** M/W/F 9:15-10:15am T/Th 8-9am

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at AWARE, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503-390-7441

PANCAKE Breakfast Saturday March 8th 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **LUNCH** Tuesday-Friday 11:15-12:15 \$3.50 **Dance** Every Friday 9 am., the Friday March 12th will be a St Paddy's Theme Dance. **Foot Clinic** Thur. March 11th & 25th by appt. 503-390-7141. Many activates thought the week, call center for details. **AARP Driving Class** March 2nd & 4th 12 noon Call to register 503-390-7441. **Tax-Aide** Tuesday & Thursday, by appointment only 503-390-7441 **NO DROP IN SERVICE**

SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

PANCAKE, ETC. BREAKFAST: March 20th 8-10am \$4.00

LUNCH Mon-Fri 12 noon All seniors welcome \$2.75. Many daily activities offered. Call Center for schedule.

Weight Watchers every Thursday at 9:30am.





Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503 982-5255
Fax: 503 980-2448
Email: rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:
Susan Fofana-Dura



A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks

WHAT'S HAPPENING

Out & About is your guide for the autumn activities. Look for an exciting list of trips for active adults. If you have any suggestions, call Stu at 503-982-5266. He would love to hear from you. All trips leave from Settlemier Park parking lot.

IN the STEPS of SOUSA Salem concert band. Join us for an afternoon of big brass in the Elsinor Theatre in Salem. March 7th; 2pm- 6pm. \$20. including tickets and transportation.

THIRSTY LION PUB & GRILL Come celebrate St. Patrick's Day at a true Irish Pub in Portland. Wednesday, March 17th; 10:30am-2pm. \$10 for transportation; lunch on your own.

WHO'S on THRID? March 21st, 3-4:30pm. The featured group will be the **Canby Community Orchestra**. They will be doing a combination of classical music, including the "William Tell Overture", and a movement from Sibelius's "Second Symphony." They will also be presenting contemporary music. Woodburn United Methodist Church is located at 700 N. Cascade Dr. Contact the church if you need any additional information. 503-982-2891



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Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

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Marion County Retired & Senior Volunteer Program

